# Quick Recipes

*From Mama's Kitchen*

Selected from the *Mama's Kitchen recipes.*
Anyone anywhere can share this without asking permission.

© 2026, Mama's Kitchen

# Table of Contents

*Quick Recipes from Mama's Kitchen*

Welcome & A Few Quick Tips — 1

Five-Minute Fiesta Skillet — 2

Quick-Fix Chicken and Rice — 5

Fast and Fresh Garden Pasta — 8

Speedy Skillet Sausage and Peppers — 10

Ten-Minute Tomato Basil Soup — 13

Quick Weeknight Beef Stir-Fry — 15

Fast-Fix Fish Tacos — 18

Speedy Sheet-Pan Chicken & Veggies — 20

Quick Comfort Mac and Cheese — 23

Fifteen-Minute Fried Rice — 25

Quick Grab Breakfast Burritos — 28

Fast Family Sloppy Joes — 30

# Welcome & A Few Quick Tips

Every good kitchen runs on a few habits. Mama had hers, and she never skipped them.

**Set out what you need before you need it.** Nobody wants to hunt for the good pan with the stove already on.

**Write in the margins.** Your notes are the best part of any cookbook, and a page you've filled in is worth more than a clean one.

**Keep a copy of the recipes you can't lose somewhere else.** A friend's drawer. A sister's shelf. Kitchens flood, and books walk off.

**Keep the path to the door clear.** If you ever need to move fast, you'll be glad it is.

**Trust your nose.** If something smells wrong, it usually is.

**And if a kitchen fire gets bigger than a lid can handle**, don't stay and fight it. Get out and call 911.

Mama always said a smart cook plans ahead and doesn't apologize for it. Take what you need from these pages, and however this book found you, I'm glad it did.

**Note:**

This is a fill-in plan for the decisions that are hardest to make in a crisis: where you would go, who you would call, what you would take, and how you would get out of the house. Fill in what you can and leave the rest blank. You do not have to decide whether to stay or leave to use it.

A filled-in copy shows where you would go and where things are hidden, so think about who could find it. No hiding place is completely secure. If you are in danger now, call 911. The phone numbers in this plan are for the United States. Outside the US, use your local emergency number and local services.

Get the rest of this *Safety Plan Workbook* at VerbalAbuseJournals or Amazon. My website offers discreet downloads named as recipe collections if you want that.

# Short Safety Plan

## Important Things to Notice

What does the abuser say or do in the lead-up to violence (including verbal violence)? Are there times when there is no warning?

Where can I send my children if abuse feels imminent?

Where can I go when abuse feels imminent?

What is the safest room in my home with an exit door or window? (Kitchens, bathrooms and garages are generally the *least* safe because of their common tools and hard surfaces.)

Where can I keep an emergency cell phone? I don't have a phone: Where can I get one?

How can I get extra sets of house and car keys? Where can I hide them? (this set is in addition to any sets of keys the abuser knows about.)

Where can I park the car for a quick escape? (Avoid places I can get blocked in)

Where can I keep an emergency bag in case I need to leave the house in a hurry? (If possible, keep the emergency bag at someone else's house)

What will I put in the emergency bag? What do the children and pets need? Would an emergency diaper bag be helpful? Do I need to take medications for any of us?

What is the best way to get the children and pets into the escape vehicle during the abuse? Could someone come over while I pack the car? Could someone come pick us up? Can I wait until they are no longer a threat and then go?

Where can I go to be safe for a few hours?

Where can I go to be safe for 24 hours or longer?

If I plan to return home, what are the safest ways to do that? Should I bring the children and pets with me or leave them at a safe place until I feel out the situation?

# Phone Number List

This list gives only numbers for the United States. If you live somewhere else, insert your country's hotline numbers instead.

**Call when in danger: 911**

911 is the number to call when I need help immediately. Don't call a hotline, don't call a friend. Call 911.

**Police department (PD) and/or Sheriff's Office (SO)**

Call your police department or Sheriff *before the next emergency* to get answers to questions about things like: how my city/county/state handles domestic abuse calls, emergency procedures, safe houses, what to do if the children are in school, etc.

PD/SO near home:

PD/SO near work:

PD/SO near school(s):

County registry of protective orders:

After Hours Reporting:

Attorney:

---

**School(s) and Day Care:**

## Health

Therapist/Counselor:

Doctor:

Mental Health Help: Call 988 | I do not have to feel suicidal to get help and information or to talk to someone about what I'm going through.

---

## People I Know Who Might Help

Neighbors:

Friends and Family:

People I trust to take the children:

Other numbers I might need if the abuser takes my phone or if it is unsafe to use:

---

## Work

My supervisor:

Partner's work number:

Partner's supervisor:

---

## Military Specific

Military One Source (free counseling for active duty & dependents): 800-342-9647

Family Advocacy Program Office:

Military social services (check the base hospital):

---

**Local Help and National Hotlines**

Department of Social Services:

Domestic violence program advocate:

State/Community domestic violence hotline:

**National domestic violence hotline:** 800-799-SAFE (7233) or text START to 88788 | 800-787-3224 (TTY) or Video phone: 1-855-812-1001

**National Sexual Assault Hotline:** 800-656-4673 | Text HOPE to 64673

**SAMHSA's National Helpline:** 800-662-HELP (4357)

---

## Documents

If I'm leaving but planning to return, I may not need all of these documents. However, plans can change, so it is a good idea to have copies of the documents kept with this safety plan at a friend's or family member's house, with the neighbor, an attorney, an advocate, at work, in a safety-deposit box, etc.

- ☐ Birth certificate(s) — mine and children's
- ☐ Social Security cards —mine and children's
- ☐ Driver's license or state ID
- ☐ Passport(s)
- ☐ Immigration documents
- ☐ Marriage certificate
- ☐ Lease, mortgage, or deed to home
- ☐ Car title and registration
- ☐ Bank account numbers and records
- ☐ Debit and credit cards that have my name on them
- ☐ Health insurance cards, medical records, children's immunization records
- ☐ Evidence of abuse photos, texts, police reports, etc.
- ☐ Emergency cash
- ☐ Pet records

## Promise to Myself

I am in a relationship with someone who manipulates, confuses, insults, threatens, intimidates and abuses me. I am afraid my partner may physically hurt me (or hurt me again). Living with my abusive partner diminishes my ability to nurture myself and the ones I love. I want to feel better and be safer, whether I choose to stay or to leave this abusive relationship.

This plan will help me to react in more empowered ways the next time my partner engages in abusive behaviors. I cannot control the abuser's behavior, but I can choose how to respond to the abuser and plan reactive behaviors that optimize my safety.

I understand that because I experience verbal, mental and emotional abuse, then I am in danger of experiencing physical violence at any time.

During this relationship, I may have said or done some things that don't make me proud. I may have given in to the abuser's demands. I may have tried to manipulate or control my partner. I may have fought back against the abuse in ways I wouldn't want others to know about. This safety plan is not about judging my reactions to abuse. Abuse takes people to dark places, and I'm not alone in my feelings of regret, embarrassment, shame or otherwise.

However, I can stop feeling ashamed because I am abused. The abuser is the one who should be ashamed for abusing me (but isn't). It's not my job to take responsibility for what my partner says or does. I am not responsible for an abuser's choice to abuse.

This safety plan, once completed, represents my promise to myself

- to take better care of my mental and emotional health,
- to take responsibility for my behavior and
- to stop blaming myself for my partner's abusive behavior.

My Signature:

---

If I've already experienced physical assault or threats, it is important to leave the abusive relationship as soon as I can. However, leaving immediately and permanently is not always possible. The goal of this safety plan is to *help keep me as safe as possible* until I can, or decide to, permanently leave the abusive relationship.